

## (12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property  
Organization  
International Bureau



(43) International Publication Date  
29 July 2004 (29.07.2004)

PCT

(10) International Publication Number  
**WO 2004/062550 A1**

(51) International Patent Classification<sup>7</sup>: **A61H 1/02**,  
1/00, A63B 23/00, 23/04

(21) International Application Number:  
PCT/GB2004/000019

(22) International Filing Date: 6 January 2004 (06.01.2004)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:  
0300451.2 9 January 2003 (09.01.2003) GB

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(81) Designated States (*unless otherwise indicated, for every kind of national protection available*): AE, AG, AL, AM,

AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NA, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

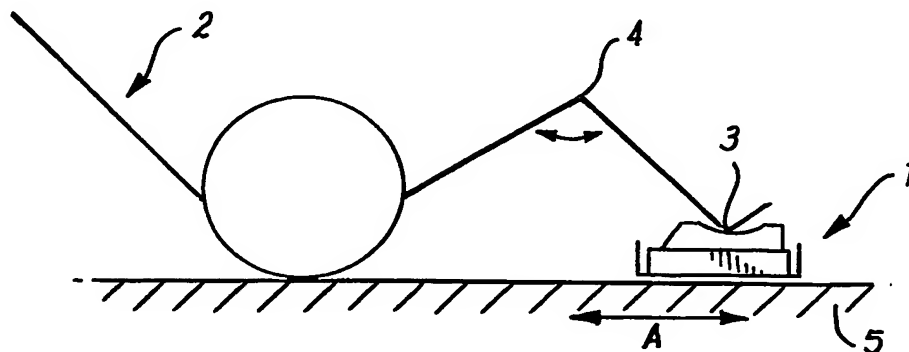
(84) Designated States (*unless otherwise indicated, for every kind of regional protection available*): ARIPO (BW, GH, GM, KE, LS, MW, MZ, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HU, IE, IT, LU, MC, NL, PT, RO, SE, SI, SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

## Published:

— with international search report

*For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.*

(54) Title: EXERCISER



(57) Abstract: In order to provide rehabilitation, physiotherapy and maintain suppleness, an exerciser (1, 21, 31, 41, 51, 91, 100) is provided in which a skid (22, 42, 92) with a slide or movement surface is provided on one side and a grip (23, 43, 93, 101) on the other in order that a user can perform controlled oscillatory motions by resting a limb upon the grip. In such circumstances, for example, bed ridden patients recovering from hip or other joint replacement surgery can initially conveniently perform oscillatory motions, the extent of which can be progressively controlled to improve mobility. The exerciser can also be used for recuperative muscle development and maintenance of suppleness with regard to limb and joint movements.